



Cairns Stingrays Swimming Club

2023 Long Course Transition Meet

Saturday 21st October 2023

Woree Sports & Aquatic Centre
Pool Close, Woree

Gates Open: 9:00am for a 10:00am start

Gate Entry: \$3.00 Non Competitors

Referees: supplied by FNQRSA

SESSION 1

MALE	FEMALE	DIST.	AGE	STROKE
1	2	200m	10 & 0	Free
3	4	25m	8 & U*	Breast
5	6	50m	8 & 0*	Breast
7	8	100m	8 & 0	Free
9	10	25m	8 & U*	Fly
11	12	50m	8 & 0*	Fly
13	14	100m	8 & 0	Back

SESSION 2

MALE	FEMALE	DIST.	AGE	STROKE
15	16	200m	9 & 0	IM
17	18	25m	8 & U*	Back
19	20	50m	8 & 0*	Back
21	22	100m	8 & 0	Breast
23	24	25m	8 & U*	Free
25	26	50m	8 & 0*	Free
27	28	100m	8 & 0	Fly

Please Read these Conditions of Entry

1. Age will be as at: 21 October 2023
2. All competitors must be a registered member of an affiliated SAL club or a visiting member of a FINA registered nation.
3. Rules will be the FINA rules and competition will be under the direction of the Race Referee at all times. Any protests are to be in writing accompanied by a \$100 fee and lodged with the Race Referee within 30 minutes of the completion of the event.
4. * 8yrs can enter either the 8 & Under 25m Rule Tolerances Swims or 8 & Over swims NOT BOTH
5. Results will be multi aged 8 years to 17 years & Over
6. Nominations Close on Monday 16th October 2023
7. In nominating for this meet, swimmers agree that they may be photographed and that the images may be used in publications, websites or social media sites.
8. All clubs will be notified of their time keeping duties in the final program. Time keeping positions will be allocated on the basis of the number of swimmers nominated from club entries.

All events will be by online nominations through Swim Central.

Programmes available to download from Cairns Stingrays Website and the FNQ Website.

NOMINATIONS:

(includes the \$1.50 FNQ Surcharge)

8 Yrs & U 25 m \$3.50 per event
events:

All other individual \$6.00 per event
events:



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